

AUGUST 2018

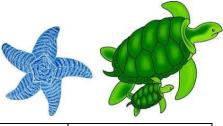


National City George H Waters

AT THE TOWERS

1415 "D" Avenue- National City, CA 91950

(619) 336-6752



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1) TEXAS STYLE	2) BBQ CHICKEN	3) CATCH OF THE
Suggested	Menu Subject To	BEEF BRISKET		DAY
Contribution \$3.50	Change	_		
Senior Adults (60+)	Without Notice	MASHED POTATOES	BAKED BEANS	STEAK FRIES
NON-Senior FEE	Alternative Meal	BROCCOLI & CARROTS	CALIFORNIA BLEND	GREEN BEANS
\$6.00 paid at front desk	Option Available	MACARONI SALAD	FRUIT SALAD	CARROT SALAD
Lunch Hours	Daily	APPLE TART	LEMON PUDDING	HONEYDEW MELON
11:00 A.M. – 12:30P.M		MILK	MILK	MILK
0) 01 014 0001/50	Inquire at Front Desk	0) 01 0 54011101150	2) 011101/511	40) 047011 05 7115
6) SLOW COOKED	7) HONEY GLAZED	8) OLD FASHIONED	9) CHICKEN	10) CATCH OF THE
PEPPER STEAK	HAM	TURKEY DINNER	ENCHILADAS VERDES	DAY
		DAKED CWEET		
	AU-GRATIN	BAKED SWEET POTATOES	SPANISH RICE	
STEAMED RICE	POTATOES	STEAMED PEAS	MEXICALI BLEND	MAC & CHEESE
ORIENTAL VEGGIE MIX	STEAMED BROCCOLI	CRANBERRY ORANGE	CAESAR SALAD	BUTTERED CORN
AMBROSIA SALAD	FRUITED GELATIN	NUT SALAD	CANTALOUPE	CARROT SALAD
LEMON SHERBET	SALAD	PUMPKIN TART	MILK	PINEAPPLE W/
MILK	BANANA	MILK	I IIIEK	COCONUT
	MILK	WILLY		MILK / JUICE
13) BEEF FRITTER	14) CLASSIC BAKED	15) RUBBED PORK	16) CHICKEN PICCATA	17) CATCH OF THE
13) BEEL TRITTER	CHICKEN	TENDERLOIN	10) GINGRENTIOGATA	DAY
<u> </u>	O'MORER	i Endertedin		27(1
1	MAC & CHEESE		SAFFRON RICE	STEAMED RICE
RED POTATOES	TUSCAN STYLE	BOILED POTATOES	SCANDINAVIAN	SWEET & SOUR
PEAS & CARROTS	VEGGIES	CABBAGE & CARROTS	VEGGIES	VEGGIES
LEAFY GREEN SALAD	TOMATO BASIL	MARINATED BEET	CAESAR SALAD	CHINESE NOODLE
ORANGE SMILES	SALAD	SALAD	GRAPES 📆	SALAD
MILK	TROPICAL FRUIT CUP	PEACH COBBLER	MILK	MANDARIN CUP
	MILK	MILK	6	MILK
20) BEEF BRISKET	21) BBQ CHICKEN	22) SWEET & SOUR	23) IRISH BEEF STEW	24) CATCH OF THE
	N THE GRILL	PORK CHOP		DAY
AU-GRATIN	BAKED BEANS	BROWN RICE		PASTA PILAF
POTATOES	FIVE WAY MIX	ORIENTAL BLEND	SCALLOPED POTATOES	STEAMED CARROTS
NORMANDY BLEND CALIFORNIA PASTA	MACARONI SALAD	CHINESE NOODLE	WINTER BLEND	TOSSED SALAD
SALAD	PINEAPPLE UPSIDE	SALAD _	ROMAINE SALD	ORANGE SMILES CUP
FRESH APPLE	DOWN CAKE	STRAWBERRIES	PEACH MELBA	MILK
MILK	MILK / JUICE	MILK	MILK	in Ex
WILLY				
27) BEEF POT	28) ZESTY SICILIAN	29) SAUCY PORK	30) ROAST TURKEY	31) CATCH OF THE
ROAST	CHICKEN	MEDALLIONS		DAY
BABY NEW POTATOES	SAFFRON RICE		MASHED POTATOES	
SAVORY WINTER	SUCCOTASH	WHIPPED YAMS	PEAS & PEARL ONIONS	SPANISH RICE
BLEND	TOMATO BASIL	BRUSSELS SPROUTS	CRANBERRY ORANGE	WINTER SQUASH
GRILLED GARDEN	SALAD	GREEN SALAD	NUT SALAD	JICAMA SLAW
SALAD	APRICOT PARFAIT	PINEAPPLE CHUNKS	PUMPKIN TART	MELON MIX
BLUSHING PEARS	MILK	MILK	MILK	MILK
MILK				

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE COMMUNITY DEVELOPMENT COMMISSION OF THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBLILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP